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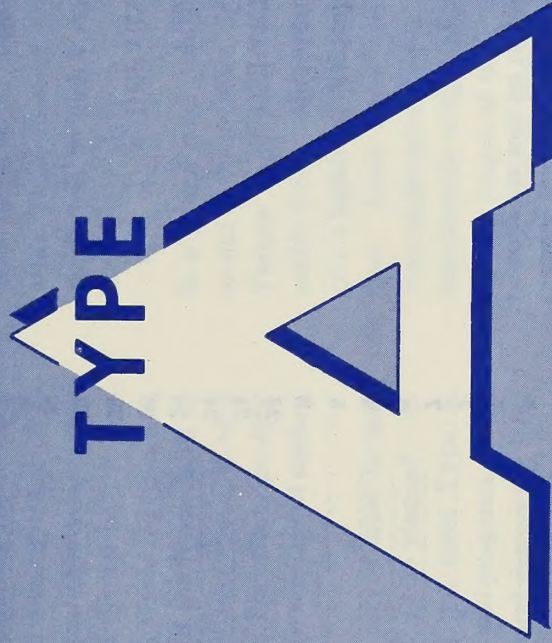
Food Buying Guide for

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SCHOOL LUNCHES

UNITED STATES DEPARTMENT OF AGRICULTURE

Washington, D. C.

PA 270

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Supersedes PA No. 45,
 "Quantities of Food for Serving School Lunches"

FOOD BUYING GUIDE FOR TYPE A SCHOOL LUNCHES

Good school lunches start with wise food buying. Those who do the buying for school lunch programs need to get maximum value from the funds they have available, in order to secure the foods which can be made into nourishing, appetizing lunches.

But many persons managing school lunch programs have had no previous experience with large-scale food purchasing. And even those with considerable experience have continuing need for reference material on how much to buy. The demand for this sort of information has led to the development of this Food Buying Guide for Type A School Lunches.

Estimates of the amounts of food to buy included in this manual are based on the best available information, including recent data obtained at various institutions under actual feeding conditions.

These estimates are generally based on the serving sizes specified in the Type A lunch pattern of the National School Lunch Program. The one exception is the fruit and vegetable requirement, which may be met by a combination of any of the foods listed in this category; therefore, $\frac{1}{2}$ -cup servings have been specified as a base for fruit and vegetable computations. For meat, poultry and fish, quantities to buy are based on 2-ounce servings of cooked lean meat.

The quantity of food that is prepared and served must be sufficient to furnish each child with portions of the size planned. If too little food is provided, the lunches will not meet Type A requirements. But if too much food is bought and prepared, waste may result. In addition, handling, storing and reworking leftovers always requires extra work.

For many foods, the weights and measures given for the quantities to be purchased can be only approximate, because the yield of ready-to-eat portions from different lots of food "as purchased" is not always the same. Here are some of the things to keep in mind, about yields from the quantities of food you buy.

YIELDS ARE INFLUENCED BY QUALITY, VARIETY

Yields of usable food are influenced by any loss in quality which may take place. If an unusually high proportion of any product must be discarded in preparation, the amount to be purchased will have to be larger than is indicated in these tables. If, on the other hand, food of exceptionally high quality is obtained, the yields will be higher and the quantity to purchase will be lower than those given in the tables.

With fruits or vegetables, the weight of a half-cup or the count in a pound may vary because of differences in variety, maturity, or size of the product, tightness of pack, or fullness of the container. Variety and maturity of vegetables may influence the yield of usable food. Asparagus with stalks that are green and tender will give a higher cooked yield than asparagus with considerable woody fiber. Lima beans with well-filled pods will give a higher yield than underdeveloped lima beans. Fruits and vegetables may lose considerable weight when held under ordinary storage conditions for any length of time, because of evaporation of moisture.

The yield of meat is influenced by the proportion of fat and inedible parts such as bone. If the meat has a large percentage

of bone and fat, a greater amount than specified will have to be purchased in order to get enough servings of cooked lean meat. Factors which influence the yield of meat from poultry are age, variety, weight and fatness of the birds.

YIELDS ARE INFLUENCED BY METHOD OF PREPARATION

The yield of cooked meat or poultry is affected by the method of cooking, pressure or temperature, and length of cooking. Ham baked in an oven at 325° F. gives a higher yield of cooked meat than ham cooked in a pressure steamer. A roast cooked at 325° F. will give a higher yield of meat than a roast cooked at 425° F. because there will be less evaporation of the juices and shrinkage of meat. A roast will give a higher yield of good slices, with less loss through breakage and crumbling, if it is allowed to set for 15 minutes after cooking.

The yield of cooked vegetables is affected by the methods used in preparing and cooking them. When machine-peeling potatoes, you will obtain higher yields if you sort the potatoes according to size. Similarly, higher yields will be obtained if smaller potatoes are cooked separately from the larger ones.

Frozen fruits must be thawed carefully to get the best results in yield. Yield will be highest if the food is thawed only to the stage where it may be broken apart easily but is still covered with ice crystals. If thawed beyond this stage, shrinkage may occur.

YIELDS ARE INFLUENCED BY WORKERS' SKILL

The human element is an important factor in yields obtained in preparing food. In paring potatoes, one person may cut away

more of the vegetable than another does. More potatoes would be needed by the first worker to produce the same number of servings. Managers and cooks should check and record the yields normally obtained by workers. Higher yields can be obtained by analyzing such information, and by providing good supervision and careful instruction for your workers.

HOW TO CALCULATE THE QUANTITY OF FOOD NEEDED

Average losses in the preparation of foods have been used in calculating the "Approximate Number of Servings per Purchase Unit" and "Approximate Number of Purchase Units to Serve 100" given in the tables. For ease in figuring, the number of servings per purchase unit has been rounded to the nearest quarter-serving. Therefore, the number of purchase units to serve 100, when multiplied by the number of servings per purchase unit, will not always equal exactly 100.

Your success in providing enough food—but not too much—depends on good arithmetic. You can use either of two easy ways to calculate the amount of food you need, from the tables in this Food Buying Guide:

One way is to use column 4, Approximate Number of Servings per Purchase Unit. Assume you need 225 servings. Checking column 4, you find that 1 pound of fresh pork shoulder butt (with bone in) provides 4 servings. Divide the number of servings needed (225) by the number of servings per purchase unit (4):

$$225 \div 4 = 56.25 \text{ (or } 56\frac{1}{4}) \text{ pounds}$$

Therefore, you need to buy 56¼ pounds of pork shoulder butt. Another way to find the amount of food you need is to use

column 5, Approximate Number of Purchase Units to Serve 100. Again, assume you are feeding 225 children. Checking column 5, you find that 25 pounds of fresh pork shoulder butt (with bone in) are needed to serve each 100 children. First, divide the number of children to be fed (225) by 100, to find the number of hundreds of children you have:

$$225 \div 100 = 2.25 \text{ (or } 2\frac{1}{4}) \text{ hundreds}$$

Then, multiply the amount needed to serve 100 (25 pounds) by the number of hundreds of children (2.25):

$$25 \times 2.25 = 56.25 \text{ (or } 56\frac{1}{4}) \text{ pounds}$$

Therefore, again, you need to buy $56\frac{1}{4}$ pounds of pork shoulder butt.

In both cases, the calculations give you the needed amounts of a commodity of average quality, to be prepared by standard methods. Remember to adjust this amount if—in your experience, for your supplies or workers—yields are likely to be higher or lower than average.

ADDITIONAL INFORMATION

The last column of the table gives additional information which may be used to figure amounts to buy when recipes call for ready-to-cook or cooked foods. The abbreviation "A. P." is used in the first and last columns to indicate food "as purchased".

Assume you are preparing a scalloped-potato recipe that calls for 25 pounds of raw, pared potatoes. Checking the last column in the table, you find that you need 1.23 pounds (about 1 pound 4 ounces) of potatoes, as purchased, to provide 1 pound ready-to-cook. To find the amount of potatoes to buy, multiply the number of pounds of ready-to-cook potatoes you need (25) by the amount needed "as purchased" to provide 1 pound ready-to-cook (1.23):

$$25 \times 1.23 = 30.75 \text{ or approximately } 31 \text{ pounds}$$

Therefore, you need to buy 31 pounds of potatoes of standard quality.

The last column of the table also gives the average content of No. 10 cans of fruits, vegetables, and juices. Other common can sizes and contents are given on page 32.

FOOD BUYING GUIDE

Food as purchased (A. P.) ¹	Unit of purchase	Size of serving	Approximate number of—		Additional information
			Servings per purchase unit	Purchase units to serve 100	
BREADS					
Raisin	2-pound loaf	1 slice	36	3	The thickness and number of slices per loaf will vary in different bakeries and localities. The servings per purchase units for bread do not include the end slices.
Rye	1-pound loaf	1 slice	23	4½	
	2-pound loaf	1 slice	33	3¼	
White	1-pound loaf	1 slice	16	6¼	
	1½-pound loaf	1 slice	24	4¼	1 lb. dry bread crumbs=1 qt. 1 lb. soft bread crumbs=3 qt.
	2-pound loaf	1 slice	28	3¾	
	3-pound loaf	1 slice	44	2½	
Whole wheat	1-pound loaf	1 slice	16	6¼	
	2-pound loaf	1 slice	28	3¾	
	3-pound loaf	1 slice	44	2½	
Rolls	Dozen	1 roll	12	8⅓	Hamburg and frankfurter buns weigh 1 oz. each.
Crackers:					
Graham	Pound	2 crackers	30	3½	1 lb. fine cracker crumbs=6½ cups.
Soda	Pound	2 crackers	35	3	
BUTTER AND MARGARINE					
Butter and fortified margarine	Pound	2 teaspoons	48	2¼	1 lb.=2 cups.

CEREAL PRODUCTS

Cornmeal	Pound	1/2 cup cooked	22 1/2	4 1/2	1 lb. (3 cups) dry yields about 3 quarts cooked.
Macaroni	Pound	1/2 cup cooked	17 1/4	5 3/4	1 qt. dry yields 1 gallon cooked.
Noodles	Pound	1/2 cup cooked	16 1/4	6 1/4	1 lb. dry (4 to 5 cups) yields about 2 1/4 quarts cooked.
Rice	Pound	1/2 cup cooked	16 3/4	6	1 lb. dry (6 to 8 cups) yields about 2 quarts cooked.
Spaghetti	Pound	1/2 cup cooked	18 3/4	5 1/2	1 lb. dry (2 1/4 cups) yields about 2 quarts cooked.
					1 lb. dry (4 to 5 cups) yields about 2 1/2 quarts cooked.

DAIRY PRODUCTS

Cheese:					
Cheddar cheese	Pound	2 ounces	8	12 1/2	1 lb. = 1 qt. grated.
Cottage cheese	Pound	2 ounces	8	12 1/2	2 oz. = 1 slice 3 1/4 x 3 1/2 x 1/4 in.
					1 lb. = 2 cups.
Cream cheese	Pound	2 ounces	8	12 1/2	2 oz. = No. 16 scoop (1/4 cup).
Cream:					
Light (20 percent)	Quart	2 tablespoons	32	3 1/4	
Heavy (40 percent)	Quart	1 1/4 tablespoons whipped	100	1	Doubles volume when whipped.
Ice Cream:					
Brick	Quart	1/2 cup	8	12 1/2	1 qt. = 7 or 8 slices.
Bulk	Gallon	About 1/3 cup	25	4	
Container, individual	3-ounce	3 ounces	1	100	
Milk:					
Fluid whole milk	1/2 pint	1/2 pint	1	100	1/2 pt. (1 cup) = 8 oz.
	Quart	1/2 pint	4	25	1 qt. = 2.15 lb.
	Gallon	1/2 pint	16	6 1/4	1 gal. = 8.6 lb.
Dry:					
Whole	Pound	1/2 pint reconstituted	14	7 1/4	1 lb. dry = 3 1/2 cups.
					1 cup (4 1/2 oz.) dry + 1 qt. water yields 1 qt. fluid whole milk.

¹ The abbreviation "A. P." is used in the first and last columns to indicate food "as purchased".

Food as purchased (A. P.)	Unit of purchase	Size of serving	Approximate number of—		Additional information
			Servings per purchase unit	Purchase units to serve 100	
DAIRY PRODUCTS—continued					
Milk—Continued					
Dry—Continued					
Nonfat	Pound	½ pint reconstituted	16	6¼	1 lb. dry=4 cups. 1 cup (4 oz.) dry+1 qt. water yields 1 qt. skim milk.
Evaporated milk	14½-ounce can	½ pint reconstituted	3½	30	1 can (14½ oz.)=1⅔ cups.
	8-pound can	½ pint reconstituted	28	3¾	1 can (8 lb.)=about 14 cups. Reconstitute with 1 part milk and 1 part water.
DRY BEANS AND PEAS					
Beans, any variety	Pound	About ½ cup cooked	11	9	1 lb. dry yields about 5½ cups cooked.
Peas	No. 10 can	½ cup heated	20	5	1 No. 10 can=6 lb. 14 oz.
Split peas	Pound	About ½ cup cooked	11	9	1 lb. dry yields 5½ cups cooked.
	Pound	½ cup cooked	10	10	1 lb. dry yields 5 cups cooked.
EGGS					
Shell	Dozen	1	12	8⅓	1 cup=about 5 whole eggs, 8 whites, or 12 yolks.
Frozen, whole	Pound	3 tablespoons	10	10	1 cup=about 5 whole eggs. 1 lb.=about 2 cups.
Dried, whole	Pound	2½ tablespoons (½ oz.)	32	3⅞	2½ tbsp. dry and 2½ tbsp. water=1 large egg. 2 cups sifted powder and 2 cups water=about 1 dozen large eggs. 1 lb. sifted powder=5⅓ cups.

FRUITS AND VEGETABLES

Apples, fresh	Pound	1 medium	4	25	1 bushel=44 to 52 lb.
	Pound	½ cup raw, sliced or diced	5½	18	For 1 lb. ready-to-cook or serve raw, use 1.33 lb. (about 1 lb. 5 oz.) A. P.
Frozen, sliced	Pound	½ cup cooked	2½	40	1 quart raw sliced or diced=1.10 lb. (about 1 lb. 2 oz.).
	No. 10 can	½ cup cooked ½ cup fruit and juice	3½ 24	29 4¼	For 1 lb. cooked, use 1.59 lb. (about 1 lb. 10 oz.) A. P.
Dried	Pound	½ cup cooked fruit and juice.	18	5½	1 No. 10 can (6 lb.) yields about 2¾ qt. drained fruit.
	No. 10 can	½ cup	24	4¼	1 lb. dry=about 1 qt.
Applesauce	Pound	2 whole	5	20	1 No. 10 can (6 lb. 12 oz.) yields about 3 qt. applesauce.
	Pound	½ cup raw halves	4¾	21	For 1 lb. ready-to-serve raw, use 1.06 lb. (about 1 lb. 1 oz.) A. P.
Frozen, halves	Pound	½ cup fruit and juice	3½	29	1 quart raw halves=1.60 lb. (about 1 lb. 10 oz.).
	No. 10 can	½ cup fruit and juice	24	4¼	1 No. 10 can (6 lb. 10 oz.) yields about 2 qt. drained fruit.
Dried	Pound	½ cup cooked fruit and juice.	12½	8	1 lb. dry=about 3 cups.
	Pound	½ cup cubed	4	25	For 1 lb. ready-to-serve raw, use 1.61 lb. (about 1 lb. 10 oz.) A. P.
Avocado, fresh	Pound	½ cup sliced	4	25	1 qt. cubed=1.28 lb. (about 1 lb. 5 oz.).
	Pound	½ cup sliced	4	25	For 1 lb. ready-to-serve raw, use 1.47 lb. (about 1 lb. 8 oz.) A. P.
Banana, fresh	Pound	½ cup sliced	4	25	1 qt. sliced raw=1.39 lb. (about 1 lb. 6 oz.).
	Pound	½ cup sliced	4	25	1 bunch (8 to 9 hands)=45 to 65 lb.

Food as purchased (A. P.)	Unit of purchase	Size of serving	Approximate number of—		Additional information
			Servings per purchase unit	Purchase units to serve 100	
FRUITS AND VEGETABLES— continued					
Blackberries, fresh	Quart basket	½ cup raw, whole	8	12½	For 1 lb. ready-to-serve raw, use 0.76 (about ¾) quart basket A. P. 1 qt. raw, whole=1.28 lb. (about 1 lb. 5 oz.).
Frozen	Pound	½ cup fruit and juice	3¾	27	1 No. 10 can (6 lb. 9 oz.) yields about 1½ qt. drained fruit.
Canned	No. 10 can	½ cup fruit and juice	24	4¼	For 1 lb. ready-to-serve raw, use 0.69 (about ⅔) quart basket A. P.
Blueberries, fresh	Quart basket	½ cup raw whole	9¼	11	1 qt. raw, whole=1.28 lb. (about 1 lb. 5 oz.).
Frozen	Pound	½ cup fruit and juice	4	25	1 No. 10 can (6 lb. 9 oz.) yields about 1½ qt. drained fruit.
Canned	No. 10 can	½ cup fruit and juice	24	4¼	1 No. 10 can (6 lb. 9 oz.) yields about 1½ qt. drained fruit.
Boysenberries, canned	No. 10 can	½ cup fruit and juice	24	4¼	For 1 lb. ready-to-serve raw, use 1.82 lb. (about 1 lb. 13 oz.) A. P.
Cantaloup, fresh	Pound	½ cup cubed	3	34	1 qt. raw cubed =1.44 lb. (about 1 lb. 7 oz.).
Cherries, all varieties, fresh	Pound	½ cup raw whole	5	20	For 1 lb. ready-to-serve raw, use 1.16 lb. (about 1 lb. 3 oz.) A. P.
Red, sour, pitted, frozen	Pound	½ cup cooked	3¼	31	1 No. 10 can (6 lb. 9 oz.) yields about 2 qt. drained fruit.
Red, sour, pitted, canned	No. 10 can	½ cup fruit and juice	24	4¼	

Sweet, canned	No. 10 can	½ cup fruit and juice	24	4¼	1 No. 10 can (6 lb. 10 oz.) yields about 2¼ qt. drained fruit.
Cranberries, fresh	Pound	½ cup raw chopped	6	17	For 1 lb. ready-to-cook or serve raw, use 1.04 lb. (about 1 lb. 1 oz.) A. P.
Canned					1 qt. raw chopped = 1.28 lb. (about 1 lb. 5 oz.).
	Pound	¼ cup cooked	13½	7½	1 qt. raw whole = 1 lb.
	No. 10 can	2 tablespoons	96	1½	1 No. 10 can (7 lb. 5 oz.) yields about 3 qt. fruit.
Dates	Pound	As needed			1 lb. dry = about 2½ cups.
Figs, canned	No. 10 can	½ cup fruit and juice	24	4¼	1 No. 10 can (7 lb.) yields about 2 qt. drained fruit.
Fruit cocktail, canned	No. 10 can	½ cup fruit and juice	24	4¼	1 No. 10 can (6 lb. 12 oz.) yields about 2 qt. drained fruit.
Grapefruit, fresh	Pound	½ cup sections	1¾	59	For 1 lb. ready-to-serve raw, use 2.13 lb. (about 2 lb. 2 oz.) A. P.
	Pound	½ cup juice	1¾	59	1 qt. sections = 2.24 lb. (about 2 lb. 4 oz.).
Canned	No. 2 can	½ cup fruit and juice	5	20	1 No. 2 can (1 lb. 4 oz.) yields about 1¼ cups drained fruit.
Grapes, fresh, seedless	Pound	½ cup whole	5	20	For 1 lb. ready-to-serve raw, use 1.06 lb. (about 1 lb. 1 oz.) A. P.
					1 qt. raw whole = 1.52 lb. (about 1 lb. 8 oz.).
					1 bushel = 48 lb.
Other varieties	Pound	½ cup halves	3¾	27	For 1 lb. ready-to-serve raw, use 1.12 lb. (about 1 lb. 2 oz.) A. P.
					1 qt. halves = 1.92 lb. (about 1 lb. 15 oz.).
					1 bushel = 48 lb.
Honeydew melon, fresh	Pound	½ cup cubed	2¾	37	For 1 lb. ready-to-serve raw, use 1.85 lb. (about 1 lb. 14 oz.) A. P.
					1 qt. raw cubed = 1.60 lb. (about 1 lb. 10 oz.).
Lemons, fresh	Pound	Juice as needed			1 lb. A. P. yields ¾ cup juice.

Food as purchased (A. P.)	Unit of purchase	Size of serving	Approximate number of—		Additional information
			Servings per purchase unit	Purchase units to serve 100	
FRUITS AND VEGETABLES— continued					
Limes, fresh	Pound	Juice as needed			1 lb. A. P. yields $\frac{2}{3}$ cup juice.
Mangoes, fresh	Pound	$\frac{1}{2}$ cup cubed	$2\frac{3}{4}$	37	For 1 lb. ready-to-serve raw, use 1.75 lb. (1 lb. 12 oz.) A. P. 1 qt. raw cubed=1.60 lb. (about 1 lb. 10 oz.).
Oranges, fresh	Pound	$\frac{1}{2}$ cup sections with membrane.	3	34	For 1 lb. sections with membrane ready-to-serve, use 1.45 lb. (about 1 lb. 7 oz.) A. P.
	Pound	$\frac{1}{2}$ cup juice	2	50	1 qt. sections=1.92 lb. (about 1 lb. 15 oz.). 1 lb. A. P.=3 small or 2 medium oranges.
Peaches, fresh	Pound	1 medium	4	25	
	Pound	$\frac{1}{2}$ cup raw, sliced	$3\frac{1}{2}$	29	For 1 lb. ready-to-serve raw, use 1.32 lb. (about 1 lb. 5 oz.) A. P.
Frozen, sliced	Pound	$\frac{1}{2}$ cup fruit and juice	$3\frac{1}{4}$	31	1 qt. raw sliced=1.68 lb. (about 1 lb. 11 oz.).
Canned, sliced	No. 10 can	$\frac{1}{2}$ cup fruit and juice	24	$4\frac{1}{4}$	1 No. 10 can (6 lb. 10 oz.) yields about 2 qt. drained fruit.
Canned, halves	No. 10 can	$\frac{1}{2}$ cup fruit and juice	24	$4\frac{1}{4}$	1 No. 10 can (6 lb. 10 oz.) yields about $2\frac{1}{4}$ qt. drained fruit.
Dried	Pound	$\frac{1}{2}$ cup cooked fruit and juice.	$12\frac{1}{2}$	8	1 lb. dry=about 3 cups.
Pears, fresh	Pound	1 medium	3	34	1 bushel=48 to 52 lb.

Canned, halves	Pound	1½ cup raw cubed	4½	22	For 1 lb. ready-to-serve raw, use 1.28 lb. (about 1 lb. 5 oz.) A. P. 1 qt. raw cubed=1.36 lb. (1 lb. 6 oz.).
Pineapple, fresh	No. 10 can	1½ cup fruit and juice	24	4¼	1 No. 10 can (6 lb. 9 oz.) yields about 2¼ qt. drained fruit.
	Pound	1½ cup raw cubed	2½	40	For 1 lb. ready-to-serve raw, use 2.33 lb. (about 2 lb. 5 oz.) A. P. 1 qt. raw cubed=1.44 lb. (1 lb. 7 oz.).
Canned, chunks	No. 10 can	1½ cup fruit and juice	24	4¼	1 No. 10 can weighs 6 lb. 12 oz.
Canned, crushed	No. 10 can	1½ cup fruit and juice	24	4¼	1 No. 10 can (6 lb. 13 oz.) yields about 3 qt. fruit.
Canned, sliced	No. 10 can	1½ cup fruit and juice	24	4¼	1 No. 10 can (6 lb. 11 oz.) yields about 2½ qt. drained fruit.
Plums, fresh	Pound	3 medium	4	25	1 bushel=56 lb.
	Pound	1½ cup raw halves, pitted	4¾	21	For 1 lb. ready-to-cook or serve raw, use 1.11 lb. (about 1 lb. 2 oz.) A. P. 1 qt. raw halves, pitted=1.52 lb. (about 1 lb. 8 oz.).
Canned	No. 10 can	1½ cup fruit and juice	24	4¼	1 No. 10 can (6 lb. 10 oz.) yields about 1¾ qt. drained fruit.
Prunes:					
Canned	No. 10 can	1½ cup fruit and juice	24	4¼	1 No. 10 can (6 lb. 14 oz.) yields about 2¼ qt. drained fruit.
Dried	Pound	1½ cup cooked fruit and juice.	11	9	1 lb. dry=about 2½ cups.
Raisins	Pound	1½ cup cooked	8	12½	1 lb. dry=about 3 cups seedless, 2½ cups seeded.
Raspberries, fresh	Pint basket	1½ cup raw whole	5¼	19	For 1 lb. ready-to-serve raw, use 1.37 (about 1½ pint basket A. P. 1 qt. raw whole=1.12 lb. (about 1 lb. 2 oz.).
Frozen	Pound	1½ cup fruit and juice	3½	29	

Food as purchased (A. P.)	Unit of purchase	Size of serving	Approximate number of—		Additional information
			Servings per purchase unit	Purchase units to serve 100	
FRUITS AND VEGETABLES— continued					
Raspberries—Continued					
Canned	No. 10 can	½ cup fruit and juice	24	4¼	1 No. 10 can (6 lb. 9 oz.) yields about 1½ qt. drained fruit.
Rhubarb:					
Fresh, full leaves	Pound	½ cup cooked	2	50	For 1 lb. ready-to-cook, use 2.22 lb. (about 2 lb. 4 oz.) A. P. 1 qt. raw pieces=1.12 lb. (about 1 lb. 2 oz.).
Partly trimmed	Pound	½ cup cooked	3¼	31	For 1 lb. ready-to-cook, use 1.33 lb. (about 1 lb. 5 oz.) A. P. 1 qt. cooked=2.16 lb. (about 2 lb. 3 oz.).
Frozen	Pound	½ cup cooked	3¾	27	
Strawberries:					
Fresh	Quart basket	½ cup raw whole	7¾	13	For 1 lb. ready-to-serve raw, use 0.87 (about 7/8) quart basket A. P. 1 qt. raw whole=1.20 lb. (about 1 lb. 3 oz.).
Frozen, whole or sliced	Pound	½ cup fruit and juice	3½	29	1 medium watermelon=20 lb.
Watermelon, fresh	Pound	1 slice or wedge	2½	40	For 1 lb. ready-to-serve, use 2.17 lb. (about 2 lb. 3 oz.) A. P.
	Pound	½ cup cubed	2½	40	1 qt. cubed=1.44 lb. (about 1 lb. 7 oz.).

Asparagus:					
Fresh	Pound	½ cup cooked	2¼	45	For 1 lb. ready-to-cook, use 1.79 lb. (about 1 lb. 13 oz.) A. P. 1 lb. A. P.=16 to 20 stalks.
Frozen, cut	Pound	½ cup cooked	4	25	
Canned, spears	No. 10 can	½ cup heated	18½	5½	1 lb. drained vegetable=about 2 cups. 1 No. 10 can yields about 2½ qt. drained vegetable, about 150 medium size spears.
Beans, lima:					
Fresh, in pod	Pound	½ cup cooked	2	50	For 1 lb. ready-to-cook, use 2.56 lb. (about 2 lb. 9 oz.) A. P. 1 qt. shelled lima beans=1.33 lb. (about 1 lb. 5 oz.). 1 bushel=32 lb.
Frozen	Pound	½ cup cooked	5¼	19	
Canned	No. 10 can	½ cup heated	21	4¾	1 lb. drained vegetable=2½ cups. 1 No. 10 can yields about 2½ qt. drained vegetable.
Beans, snap or wax:					
Fresh	Pound	½ cup cooked	4½	22	For 1 lb. ready-to-cook, use 1.14 lb. (about 1 lb. 2 oz.) A. P. 1 qt. ready-to-cook=.94 lb. (about 15 oz.). 1 bushel=30 lb.
Frozen	Pound	½ cup cooked	5¼	19	
Canned	No. 10 can	½ cup heated	20	5	1 lb. drained vegetable=about 3 cups. 1 No. 10 can yields 2½ qt. drained vegetable.
Beets:					
Fresh, without tops	Pound	½ cup cooked, sliced	3¾	27	1 qt. cooked sliced=1 lb. 1 bushel=52 lb.
Canned, sliced	No. 10 can	½ cup heated	20	5	1 lb. drained vegetable=2½ cups. 1 No. 10 can yields 2½ qt. drained vegetable.

Food as purchased (A. P.)	Unit of purchase	Size of serving	Approximate number of—		Additional information
			Servings per purchase unit	Purchase units to serve 100	
FRUITS AND VEGETABLES— continued					
Beets—Continued					
Canned, diced	No. 10 can	½ cup heated	22	4½	1 lb. drained vegetable=about 2¾ cups. 1 No. 10 can yields 2¾ qt. drained vegetable.
Beet greens, fresh	Pound	½ cup cooked	2½	40	For 1 lb. ready-to-cook, use 1.79 lb. (about 1 lb. 13 oz.) A. P.
Blackeye peas, frozen	Pound	½ cup cooked	5¾	17½	
Broccoli:					
Fresh	Pound	½ cup cooked	2½	40	For 1 lb. ready-to-cook, use 1.64 lb. (about 1 lb. 10 oz.) A. P.
Frozen, spears or chopped	Pound	½ cup cooked	5¼	19	
Brussels sprouts:					
Fresh	Pound	½ cup cooked	4¼	24	For 1 lb. ready-to-cook, use 1.35 lb. (about 1 lb. 6 oz.) A. P.
Frozen	Pound	½ cup cooked	3¾	27	
Cabbage, green or white, fresh	Pound	½ cup raw shredded	6¼	16	For 1 lb. ready-to-cook or serve raw, use 1.27 lb. (about 1 lb. 4 oz.) A. P.
	Pound	½ cup cooked shredded	4½	22	1 qt. raw shredded=1 lb. For 1 lb. ready-to-cook wedges, use 1.19 lb. (about 1 lb. 3 oz.) A. P.
	Pound	½ cup cooked wedges	5¼	19	For 1 lb. ready-to-serve raw, use 1.72 lb. (about 1 lb. 12 oz.) A. P.
Cabbage, Chinese, fresh	Pound	½ cup raw pieces	5¼	19	1 qt. raw=0.57 lb. (about 9 oz.).

Carrots:	Fresh, without tops-----	Pound-----	$\frac{1}{2}$ cup cooked diced or sliced.	$4\frac{1}{4}$	24	For 1 lb. ready-to-cook or serve raw, use 1.22 lb. (about 1 lb. 4 oz.) A. P.
						1 qt. cooked, diced or sliced=1.23 lb. (about 1 lb. 4 oz.).
						1 qt. raw grated or shredded=1.04 lb. (about 1 lb. 1 oz.).
						1 qt. raw diced, sliced or strips=1.28 lb. (about 1 lb. 5 oz.).
Frozen, diced	Canned, diced-----	Pound-----	$\frac{1}{2}$ cup cooked	$5\frac{1}{4}$	19	4 to 5 medium carrots=1 pound.
						1 bushel=50 lb.
						1 lb. drained vegetable=about $2\frac{3}{4}$ cups.
						1 No. 10 can yields $3\frac{3}{4}$ qt. drained vegetable.
Cauliflower:	Fresh-----	Pound-----	$\frac{1}{2}$ cup cooked flowerets	4	25	For 1 lb. ready-to-cook, use 1.82 lb. (about 1 lb. 13 oz.) A. P.
Frozen	Celery, fresh-----	Pound-----	$\frac{1}{2}$ cup cooked flowerets	5	20	
Chard:	Fresh-----	Pound-----	$\frac{1}{2}$ cup raw chopped	5	20	For 1 lb. ready-to-cook or serve raw, use 1.33 lb. (about 1 lb. 5 oz.) A. P.
						1 qt. raw chopped=1 lb. celery.
						For 1 lb. leaves and stems ready-to-cook, use 1.20 lb. (about 1 lb. 3 oz.) A. P.
Frozen	Collards:-----	Pound-----	$\frac{1}{2}$ cup cooked	$3\frac{1}{2}$	29	
Fresh	Frozen-----	Pound-----	$\frac{1}{2}$ cup cooked	$4\frac{1}{4}$	24	For 1 lb. ready-to-cook, use 1.43 lb. (about 1 lb. 7 oz.) A. P.
Frozen	Canned-----	Pound-----	$\frac{1}{2}$ cup cooked	4	25	
No. 10 can	Frozen-----	No. 10 can-----	$\frac{1}{2}$ cup heated	$4\frac{1}{4}$	24	1 lb. drained vegetable=about $1\frac{7}{8}$ cups.
No. 10 can	Canned-----	No. 10 can-----	$\frac{1}{2}$ cup heated	$14\frac{1}{2}$	7	1 No. 10 can yields about $1\frac{3}{4}$ qt. drained vegetable.

Food as purchased (A. P.)	Unit of purchase	Size of serving	Approximate number of—		Additional information
			Servings per purchase unit	Purchase units to serve 100	
FRUITS AND VEGETABLES— continued					
Corn:					
Fresh, in husks, medium size.	Pound	1 ear cooked	2	50	1 bushel=35 lb.
Frozen, whole kernel	Pound	½ cup cooked	4¾	21	1 No. 10 can yields about 2½ qt. vegetable.
Canned, cream style	No. 10 can	½ cup heated	21	4¾	
Canned, whole kernel	No. 10 can	½ cup heated	20	5	1 lb. drained vegetable=2½ cups. 1 No. 10 can yields 2½ qt. drained vegetable.
Cucumber, fresh	Pound	½ cup raw pared, sliced	4½	22	For 1 lb. pared, ready-to-serve raw, use 1.37 lb. (about 1 lb. 6 oz.).
	Pound	½ cup raw unpared, sliced	6	17	For 1 lb. unpared, ready-to-serve raw, use 1.05 lb. (about 1 lb. 1 oz.) A. P. 1 qt. sliced=1.33 lb. (about 1 lb. 5 oz.). 8-inch cucumber=¾ lb.; yields about 40 slices. 1 bushel=48 lb.
Eggplant, fresh	Pound	½ cup cooked sliced	5	20	For 1 lb. ready-to-cook, use 1.23 lb. (about 1 lb. 4 oz.) A. P. 1 bushel=33 lb.
Endive or Chicory, fresh	Pound	½ cup raw pieces	15	6¾	For 1 lb. ready-to-serve raw, use 1.32 lb. (about 1 lb. 5 oz.) A. P.
Escarole, fresh	Pound	½ cup raw pieces	9¼	11	For 1 lb. ready-to-serve raw, use 1.37 lb. (about 1 lb. 6 oz.) A. P. 1 qt. raw pieces=.63 lb. (about 10 oz.).

Kale:	Fresh.....	Pound.....	1½ cup cooked.....	3½	29	For 1 lb. ready-to-cook, use 1.45 lb. (about 1 lb. 7 oz.) A. P. 1 bushel=18 lb.
	Frozen.....	Pound.....	1½ cup cooked.....	3¾	27	
	Canned.....	No. 10 can.....	1½ cup heated.....	14½	7	1 lb. drained vegetable=1⅞ cups. 1 No. 10 can yields about 1¾ qt. drained vegetable.
	Lettuce, head, fresh.....	Pound.....	1½ cup raw pieces.....	9¼	11	For 1 lb. ready-to-serve raw, use 1.35 lb. (about 1 lb. 6 oz.) A. P. 1 medium head=1 lb.; yields 1½ qt. chopped.
Lettuce, romaine:		Pound.....	1½ cup raw pieces.....	12½	8	For 1 lb. ready-to-serve raw, use 1.56 lb. (about 1 lb. 9 oz.) A. P.
	Mustard greens:					
	Fresh.....	Pound.....	1½ cup cooked.....	3	34	For 1 lb. ready-to-cook, use 1.43 lb. (about 1 lb. 7 oz.) A. P.
	Canned.....	No. 10 can.....	1½ cup heated.....	14½	7	1 lb. drained vegetable=about 1⅞ cups. 1 No. 10 can yields about 1¾ qt. drained vegetable.
Okra:	Fresh.....	Pound.....	1½ cup cooked.....	4¾	21	For 1 lb. ready-to-cook, use 1.28 lb. (about 1 lb. 5 oz.) A. P.
	Frozen.....	Pound.....	1½ cup cooked.....	4½	22	
	Canned.....	No. 10 can.....	1½ cup heated.....	18½	5½	1 lb. drained vegetable=2½ cups. 1 No. 10 can yields about 2¼ qt. drained vegetable.
	Onions, fresh, mature.....	Pound.....	1½ cup cooked.....	3½	29	For 1 lb. ready-to-cook, use 1.12 lb. (about 1 lb. 2 oz.) A. P. 1 qt. chopped=1.50 lb. (1 lb. 8 oz.).
Parsnips, fresh.....		Pound.....	1½ cup cooked.....	3½	29	For 1 lb. ready-to-cook, use 1.43 lb. (about 1 lb. 7 oz.) A. P. 1 bushel=50 lb.

Food as purchased (A. P.)	Unit of purchase	Size of serving	Approximate number of—		Additional information
			Servings per purchase unit	Purchase units to serve 100	
FRUITS AND VEGETABLES— continued					
Peas:					
Fresh, in pod	Pound	½ cup cooked	2	50	For 1 lb. ready-to-cook, use 2.63 lb. (about 2 lb. 10 oz.) A. P. 1 qt. shelled=1.33 lb. (about 1 lb. 5 oz.). 1 bushel=30 lb.
Frozen	Pound	½ cup cooked	4¾	21	1 lb. drained vegetable=2½ cups. 1 No. 10 can yields about 2½ qt. drained vegetable.
Canned	No. 10 can	½ cup heated	19	5¼	
Peas and Carrots:					
Frozen	Pound	½ cup cooked	4¾	21	1 lb. drained vegetables=about 2½ cups. 1 No. 10 can yields about 2½ qt. drained vegetables.
Canned	No. 10 can	½ cup heated	21	4¾	
Peppers, green, fresh	Pound	½ cup cooked (about ½ medium shell).	3¾	27	For 1 lb. ready-to-cook, use 1.22 lb. (about 1 lb. 4 oz.) A. P. 1 qt. raw chopped=1.34 lb. (about 1 lb. 6 oz.). 6 medium peppers=1 lb. 1 bushel=25 lb.
Potatoes, fresh	Pound	½ cup cooked	3¼	31	For 1 lb. ready-to-cook, use 1.23 lb. (about 1 lb. 4 oz.) A. P.
	Pound	1 potato baked	2¾	37	1 qt. raw sliced=1.44 lb. (about 1 lb. 7 oz.).

Radishes, fresh, with tops and roots.	Pound	Raw as needed		1 qt. raw diced=1.38 lb. (about 1 lb. 6 oz.). 1 bushel=60 lb. For 1 lb. ready-to-serve raw, use 1.59 lb. (about 1 lb. 10 oz.) A. P. 1 qt. raw sliced=1.23 lb. (about 1 lb. 4 oz.). 1 lb. A. P. yields 2 cups raw sliced. For 1 lb. ready-to-cook, use 1.18 lb. (about 1 lb. 3 oz.) A. P. 1 qt. ready-to-cook=1.28 lb. (about 1 lb. 5 oz.). 1 bushel=54 lb. 1 lb. drained vegetable=about 1 $\frac{7}{8}$ cups. 1 No. 10 can yields 2 $\frac{1}{2}$ qt. drained vegetable.
Rutabagas, fresh	Pound	$\frac{1}{2}$ cup cooked	2 $\frac{3}{4}$	37
Sauerkraut, canned	No. 10 can	$\frac{1}{2}$ cup heated	20	5
Spinach: Fresh	Pound	$\frac{1}{2}$ cup raw pieces	4 $\frac{3}{4}$	21
Frozen	Pound	$\frac{1}{2}$ cup cooked	2 $\frac{3}{4}$	37
Canned	No. 10 can	$\frac{1}{2}$ cup heated	3 $\frac{3}{4}$ 14 $\frac{1}{2}$	27 7
Squash, summer: Fresh, yellow	Pound	$\frac{1}{2}$ cup cooked	3 $\frac{1}{2}$	29
Fresh, white	Pound	$\frac{1}{2}$ cup cooked	3	34

Food as purchased (A. P.)	Unit of purchase	Size of serving	Approximate number of—		Additional information
			Servings per purchase unit	Purchase units to serve 100	
FRUITS AND VEGETABLES— continued					
Squash, winter:					
Fresh, acorn	Pound	½ cup cooked	2	50	
Fresh, hubbard	Pound	½ cup cooked	3	34	
Frozen, mashed	Pound	½ cup heated	3½	29	
Succotash:					
Frozen	Pound	½ cup cooked	4¾	21	
Canned	No. 10 can	½ cup heated	17½	5¾	1 lb. drained vegetable=about 2¼ cups. 1 No. 10 can yields about 2¼ qt. drained vegetable. 3 medium sweetpotatoes=1 lb. 1 bushel=50 lb. Sweetpotatoes cooked in skin.
Sweetpotatoes, fresh					
	Pound	1 potato, baked	2¼	45	
	Pound	½ cup cooked	3	34	
Tomatoes:					
Fresh	Pound	1 small raw	4	25	For 1 lb. ready-to-serve unpeeled, use 1.10 lb. (about 1 lb. 2 oz.) A. P.
	Pound	½ cup, raw sliced or diced	5	20	1 qt. raw sliced or diced=1.46 lb. (about 1 lb. 7 oz.). 7 small or 5 medium=2 lb. 1 bushel=53 lb.
Canned	No. 10 can	½ cup heated	22	4½	1 No. 10 can yields about 2¾ qt. vegetable.
Canned	No. 10 can	½ cup cold	24	4¼	1 No. 10 can yields about 3 qt. vegetable

Turnips, without tops, fresh	Pound	1/2 cup raw diced or strips	4 3/4	21	For 1 lb. ready-to-cook or serve raw, use 1.25 lb. (about 1 lb. 4 oz.) A. P.
	Pound	1/2 cup cooked	2 3/4	37	1 qt. raw diced=1.39 lb. (about 1 lb. 6 oz.).
					1 bushel=54 lb.
Turnip greens:					
Fresh	Pound	1/2 cup cooked	2 3/4	37	For 1 lb. ready-to-cook, use 1.56 lb. (about 1 lb. 9 oz.) A. P.
Frozen	Pound	1/2 cup cooked	3 3/4	27	
Canned	No. 10 can	1/2 cup heated	14 1/2	7	1 lb. drained vegetable=about 1 7/8 cups.
					1 No. 10 can yields about 1 3/4 qt. drained vegetable.
Vegetables, mixed:					
Frozen	Pound	1/2 cup cooked	4 3/4	21	
Canned	No. 10 can	1/2 cup heated	19	5 1/4	1 lb. drained vegetable=2 1/2 cups.
					1 No. 10 can yields about 2 1/2 qt. drained vegetable.
Watercress, fresh	Bunch	1 sprig raw	30	3 1/3	For 1 lb. ready-to-serve raw, use 1.09 lb. (about 1 lb. 1 oz.) A. P.
JUICES					
Canned:					
Single strength	46-ounce can	1/2 cup juice	11 1/2	8 3/4	1 46-oz. can yields about 1 1/2 qt. juice.
(Apple, grapefruit, orange, pineapple, tomato.)	No. 10 can	1/2 cup juice	24	4 1/4	1 No. 10 can yields 3 qt. juice.
Concentrate (3 to 1)	46-ounce can	1/2 cup reconstituted juice	46	2 1/4	Reconstituted 3 to 1 yields 5 3/4 qt.
Orange.					
Frozen—Concentrate (3 to 1)	6-ounce can	1/2 cup reconstituted juice	6	17	Reconstituted 3 to 1 yields 3 cups.
(Apple, grape, grapefruit, orange, orange and grapefruit, pineapple, tangerine.)	32-ounce can	1/2 cup reconstituted juice	32	3 1/4	Reconstituted 3 to 1 yields 1 gal.

Food as purchased (A. P.)	Unit of purchase	Size of serving	Approximate number of—		Additional information
			Servings per purchase unit	Purchase units to serve 100	
MEAT, POULTRY, FISH					
Beef:					
Brisket, corned, boneless	Pound	2 ounces cooked lean meat	5	20	For 1 lb. cooked meat, use 1.68 lb. (about 1 lb. 12 oz.) A. P.
Brisket, fresh, bone in	Pound	2 ounces cooked lean meat	4½	22	For 1 lb. cooked meat use 1.72 lb. (about 1 lb. 11 oz.) A. P. 1 qt. chopped cooked meat = 1.25 lb. (1 lb. 4 oz.).
Dried	Pound	2 ounces cooked lean meat	10	10	For 1 lb. cooked meat, use 1.33 lb. (about 1 lb. 5 oz.) A. P.
Ground	Pound	2 ounces cooked lean meat	6	17	For 1 lb. cooked heart, use 3.33 lb. (about 3 lb. 5 oz.) A. P.
Heart	Pound	2 ounces cooked lean meat	2½	40	1 qt. chopped cooked heart = 1 lb.
Liver	Pound	2 ounces cooked lean meat	5½	18	For 1 lb. cooked liver, use 1.45 lb. (about 1 lb. 7 oz.) A. P.
Roast, boneless	Pound	2 ounces cooked lean meat	5¼	19	1 qt. chopped cooked liver = 1 lb.
Roast, chuck, bone in	Pound	2 ounces cooked lean meat	4½	22	For 1 lb. cooked meat, use 1.49 lb. (about 1 lb. 8 oz.) A. P. 1 qt. chopped cooked meat = 1.25 lb. (1 lb. 4 oz.).
Roast, round, bone in	Pound	2 ounces cooked lean meat	4¾	21	For 1 lb. cooked meat, use 1.75 lb. (about 1 lb. 12 oz.) A. P. 1 qt. chopped cooked meat = 1.25 lb. (1 lb. 4 oz.).
					For 1 lb. cooked meat, use 1.67 lb. (about 1 lb. 11 oz.) A. P. 1 qt. chopped cooked meat = 1.25 lb. (1 lb. 4 oz.).

Roast, rump, bone in	Pound	2 ounces cooked lean meat	4 $\frac{1}{4}$	24	For 1 lb. cooked meat, use 1.89 lb. (about 1 lb. 14 oz.) A. P. 1 qt. chopped cooked meat = 1.25 lb. (1 lb. 4 oz.).
Steak, flank	Pound	2 ounces cooked lean meat	5 $\frac{1}{4}$	19	For 1 lb. cooked meat, use 1.52 lb. (about 1 lb. 8 oz.) A. P. 1 qt. chopped cooked meat = 1.25 lb. (1 lb. 4 oz.).
Steak, round, bone in	Pound	2 ounces cooked lean meat	5 $\frac{1}{2}$	18	For 1 lb. cooked meat, use 1.38 lb. (about 1 lb. 6 oz.) A. P. 1 qt. chopped cooked meat=1.25 lb. (1 lb. 4 oz.).
Stew meat, boneless	Pound	2 ounces cooked lean meat	6	17	For 1 lb. cooked meat, use 1.33 lb. (about 1 lb. 5 oz.) A. P.
Tongue	Pound	2 ounces cooked lean meat	4 $\frac{1}{2}$	22	For 1 lb. cooked tongue, use 1.79 lb. (about 1 lb. 13 oz.) A. P. 1 qt. chopped cooked tongue=1 lb.
Lamb:					
Ground	Pound	2 ounces cooked lean meat	5 $\frac{1}{2}$	18	For 1 lb. cooked meat, use 1.47 lb. (about 1 lb. 8 oz.) A. P.
Roast, leg, bone in	Pound	2 ounces cooked lean meat	3 $\frac{1}{2}$	29	For 1 lb. cooked meat, use 2.22 lb. (about 2 lb. 4 oz.) A. P. 1 qt. chopped cooked meat=1.25 lb. (1 lb. 4 oz.).
Roast, leg, boneless	Pound	2 ounces cooked lean meat	5	20	For 1 lb. cooked meat, use 1.59 lb. (about 1 lb. 10 oz.) A. P. 1 qt. chopped cooked meat=1.25 lb. (1 lb. 4 oz.).
Roast shoulder, bone in	Pound	2 ounces cooked lean meat	3 $\frac{1}{2}$	29	For 1 lb. cooked meat, use 2.17 lb. (about 2 lb. 3 oz.) A. P. 1 qt. chopped cooked meat=1.25 lb. (1 lb. 4 oz.).
Roast, shoulder, boneless	Pound	2 ounces cooked lean meat	5	20	For 1 lb. cooked meat, use 1.59 lb. (about 1 lb. 10 oz.) A. P. 1 qt. chopped cooked meat=1.25 lb. (1 lb. 4 oz.).

Food as purchased (A. P.)	Unit of purchase	Size of serving	Approximate number of—		Additional information
			Servings per purchase unit	Purchase units to serve 100	
MEAT, POULTRY, FISH—con.					
Lamb—Continued					
Stew meat, boneless	Pound	2 ounces cooked lean meat	5½	18	For 1 lb. cooked meat, use 1.67 lb. (about 1 lb. 11 oz.) A. P.
Pork, cured:					
Ham, boneless	Pound	2 ounces cooked lean meat	5	20	For 1 lb. cooked meat, use 1.54 lb. (about 1 lb. 9 oz.) A. P. 1 qt. diced cooked meat=1.25 lb. (1 lb. 4 oz.).
Ham, bone in	Pound	2 ounces cooked lean meat	3¼	31	For 1 lb. cooked meat, use 2.38 lb. (about 2 lb. 6 oz.) A. P. 1 qt. ground cooked meat=1.20 lb. (1 lb. 3 oz.).
Ham, bone in, precooked	Pound	2 ounces cooked lean meat	3¾	27	For 1 lb. cooked meat, use 2.13 lb. (about 2 lb. 2 oz.) A. P. 1 qt. diced cooked meat=1.25 lb. (1 lb. 4 oz.).
Ham ground	Pound	2 ounces cooked lean meat	4½	22	For 1 lb. cooked meat, use 1.82 lb. (about 1 lb. 13 oz.) A. P.
Shoulder, picnic or butt, boneless.	Pound	2 ounces cooked lean meat	5	20	For 1 lb. cooked meat, use 1.54 lb. (about 1 lb. 9 oz.) A. P. 1 qt. diced cooked meat=1.25 lb. (1 lb. 4 oz.).
Shoulder, picnic, bone in	Pound	2 ounces cooked lean meat	3	34	For 1 lb. cooked meat, use 2.70 lb. (about 2 lb. 11 oz.) A. P. 1 qt. diced cooked meat=1.25 lb. (1 lb. 4 oz.).

Pork, fresh:					
Chops, loin or rib, bone in	Pound	2 ounces cooked lean meat--	3	34	For 1 lb. cooked meat, use 1.72 lb.
Ground	Pound	2 ounces cooked lean meat--	4½	22	(about 1 lb. 12 oz.) A. P.
Ham, boneless	Pound	2 ounces cooked lean meat--	5¼	19	For 1 lb. cooked meat, use 1.54 lb. (about 1 lb. 9 oz.) A. P.
Ham, bone in	Pound	2 ounces cooked lean meat--	3½	29	1 qt. diced cooked meat=1.25 lb. (1 lb. 4 oz.). For 1 lb. cooked meat, use 2.22 lb. (about 2 lb. 4 oz.) A. P.
Heart	Pound	2 ounces cooked lean meat--	3¼	31	1 qt. diced cooked meat=1.25 lb. (1 lb. 4 oz.). For 1 lb. cooked heart, use 2.5 lb. (2 lb. 8 oz.) A. P.
Liver	Pound	2 ounces cooked lean meat--	4¾	21	1 qt. chopped cooked heart=1 lb. For 1 lb. cooked liver, use 1.67 lb. (about 1 lb. 11 oz.) A. P.
Roast, loin, bone in	Pound	2 ounces cooked lean meat--	3¼	31	1 qt. chopped cooked liver=1 lb. For 1 lb. cooked meat, use 2.38 lb. (about 2 lb. 6 oz.) A. P.
Roast, shoulder, boneless	Pound	2 ounces cooked lean meat--	5	20	1 qt. chopped cooked meat=1.25 lb. (1 lb. 4 oz.). For 1 lb. cooked meat, use 1.56 lb. (about 1 lb. 9 oz.) A. P.
Roast, shoulder butt, bone in.	Pound	2 ounces cooked lean meat--	4	25	1 qt. chopped cooked meat=1.25 lb. (1 lb. 4 oz.). For 1 lb. cooked meat, use 1.96 lb. (about 1 lb. 15 oz. lb.) A. P.
Roast, shoulder, bone in	Pound	2 ounces cooked lean meat--	3	34	1 qt. chopped cooked meat=1.25 lb. (1 lb. 4 oz.). For 1 lb. cooked meat, use 2.70 lb. (about 2 lb. 11 oz.) A. P.
Sausage, bulk	Pound	2 ounces cooked lean meat--	3¾	27	1 qt. chopped cooked meat=1.25 lb. (1 lb. 4 oz.). For 1 lb. cooked sausage, use 2.13 lb. (about 2 lb. 2 oz.) A. P.

Food as purchased (A. P.)	Unit of purchase	Size of serving	Approximate number of—		Additional information
			Servings per purchase unit	Purchase units to serve 100	
MEAT, POULTRY, FISH—con.					
Pork, fresh—Continued					
Sausage, links.....	Pound.....	2 ounces cooked lean meat..	3½	29	For 1 lb. cooked sausage, use 2.22 lb. (about 2 lb. 4 oz.) A. P.
Veal:					
Chops, loin or rib, bone in..	Pound.....	2 ounces cooked lean meat..	3¾	27	For 1 lb. cooked meat, use 2.17 lb. (about 2 lb. 3 oz.) A. P.
Ground.....	Pound.....	2 ounces cooked lean meat..	5¼	19	For 1 lb. cooked meat, use 1.52 lb. (about 1 lb. 8 oz.) A. P.
Heart.....	Pound.....	2 ounces cooked lean meat..	3	34	For 1 lb. cooked heart, use 2.70 lb. (about 2 lb. 11 oz.) A. P.
Liver.....	Pound.....	2 ounces cooked lean meat..	4½	22	1 qt. chopped cooked heart=1 lb. For 1 lb. cooked liver, use 1.72 lb. (about 1 lb. 12 oz.) A. P.
Roast, boneless.....	Pound.....	2 ounces cooked lean meat..	5½	18	1 qt. chopped cooked liver=1 lb. For 1 lb. cooked meat, use 1.39 lb. (about 1 lb. 6 oz.) A. P.
Roast, leg, bone in.....	Pound.....	2 ounces cooked lean meat..	3¼	31	1 qt. chopped cooked meat=1.25 lb. (1 lb. 4 oz.). For 1 lb. cooked meat, use 2.38 lb. (about 2 lb. 6 oz.) A. P.
Roast, loin, bone in.....	Pound.....	2 ounces cooked lean meat..	4½	22	1 qt. chopped cooked meat=1.25 lb. (1 lb. 4 oz.). For 1 lb. cooked meat, use 1.72 lb. (about 1 lb. 12 oz.) A. P.
Stew meat, boneless.....	Pound.....	2 ounces cooked lean meat..	5¼	19	1 qt. chopped cooked meat=1.25 lb. (1 lb. 4 oz.). For 1 lb. cooked meat, use 1.52 lb. (about 1 lb. 8 oz.) A. P.

Frankfurters, all meat-----	Pound-----	2 ounces cooked-----	8	12½	
Luncheon meat, all meat (In- cluding bologna, liverwurst, canned luncheon meat).	Pound-----	2 ounces-----	8	12½	
Chicken:					
Fryers, ready-to-cook-----	Pound-----	2 pieces (1 meaty piece and 1 bony piece).	-----	42	For fried chicken, use 2 to 2½ lb. ready-to-cook fryers.
Stewing, dressed-----	Pound-----	2 ounces cooked lean meat--	2½	40	For 1 lb. cooked meat, use 3.12 lb. (about 3 lb. 2 oz.) A. P.
					1 qt. coarsely chopped cooked chicken=1.25 lb. (1 lb. 4 oz.).
					1 qt. coarsely ground cooked chicken=1.12 lb. (1 lb. 2 oz.).
Ready-to-cook-----	Pound-----	2 ounces cooked lean meat--	3½	29	For 1 lb. cooked meat, use 2.17 lb. (about 2 lb. 3 oz.) A. P.
					1 qt. coarsely chopped cooked chicken=1.25 lb. (1 lb. 4 oz.).
Canned, boneless-----	Pound-----	2 ounces chicken-----	8	12½	
Turkeys, young hens and toms:					
Dressed ¹ -----	Pound-----	2 ounces cooked lean meat--	2½	40	For 1 lb. cooked meat, use 3.33 lb. (about 3 lb. 5 oz.) A. P.
					1 qt. diced cooked turkey=1.25 lb. (1 lb. 4 oz.).
					1 qt. coarsely ground cooked turkey=1.12 lb. (about 1 lb. 2 oz.).
Ready-to-cook ¹ -----	Pound-----	2 ounces cooked lean meat--	3	34	For 1 lb. cooked meat, use 2.56 lb. (about 2 lb. 9 oz.) A. P.
					1 qt. chopped cooked turkey=1.25 lb. (1 lb. 4 oz.).
					1 qt. coarsely ground cooked turkey=1.12 lb. (1 lb. 2 oz.).
Canned, boneless-----	Pound-----	2 ounces turkey-----	8	12½	

¹ The number of servings per purchase unit and purchase units to serve 100 are based on yield figures excluding skin, neck and giblets.

Food as purchased (A. P.)	Unit of purchase	Size of serving	Approximate number of—		Additional information
			Servings per purchase unit	Purchase units to serve 100	
MEAT, POULTRY, FISH—con.					
Fish:					
Canned:					
Fish flakes	14-ounce can	2 ounces fish	7	15	1 can (14 oz.) yields 14 oz. fish flakes.
Pacific sardines	15-ounce can	2 ounces fish	5½	18	1 can (15 oz.) yields 11 oz. drained sardines.
Salmon	16-ounce can	2 ounces fish	6¼	16	1 can (16 oz.) yields 12½ oz. drained salmon.
Tuna:					
In oil, solid pack	7-ounce can	2 ounces fish	3	34	1 can (7 oz.) yields 6 oz. drained tuna.
Chunk pack	6½-ounce can	2 ounces fish	3	34	1 can (6½ oz.) yields 6 oz. drained tuna.
Dried salt cod	Pound	2 ounces cooked	5¾	17½	
Fresh or frozen:					
Filletts, fresh or frozen (cod, haddock, ocean perch, pollock and whiting).	Pound	2 ounces cooked	5	20	
Fresh whole fish	Pound	2 ounces cooked	2¼	46	For 1 lb. cooked fish use 3.68 lb. (about 3 lb. 11 oz.) A. P.
Shellfish:					
Oysters, shucked	Gallon	2 ounces cooked	25	4	1 gal.=211 to 300 medium oysters.
Shrimp, fresh or frozen, raw.	Pound	2 ounces cooked	4	25	For 1 lb. cooked shrimp, use 2 lb. A. P.
Shrimp, fresh or frozen, cooked, peeled and cleaned.	Pound	2 ounces cooked	8	12½	1 pound=26 to 30 medium-large shrimp.

NUTS					
Almonds	Pound	As needed			For 1 lb. nutmeats, use 1.96 lb. (about 1 lb. 15 oz.) nuts in shells. 1 lb. nutmeats=3 cups.
Brazil nuts	Pound	As needed			For 1 lb. nutmeats, use 2.08 lb. (about 2 lb. 1 oz.) nuts in shells. 1 lb. nutmeats=about 3 cups.
Coconut	Pound	As needed			For 1 lb. coconut meat, use 1.92 lb. (about 1 lb. 15 oz.) A. P. 1 lb. moist canned coconut=about 5 $\frac{1}{3}$ cups.
Hazelnuts	Pound	As needed			For 1 lb. nutmeats, use 2.56 lb. (about 2 lb. 9 oz.) nuts in shells. 1 lb. nutmeats=about 3 $\frac{1}{2}$ cups.
Pecans	Pound	As needed			For 1 lb. nutmeats, use 1.92 lb. (about 1 lb. 15 oz.) nuts in shells. 1 lb. nutmeats=about 4 cups.
Walnuts, black	Pound	As needed			For 1 lb. nutmeats, use 4.55 lb. (about 4 lb. 9 oz.) nuts in shells. 1 lb. nutmeats=about 4 cups.
Walnuts, English	Pound	As needed			For 1 lb. nutmeats, use 2.22 lb. (about 2 lb. 4 oz.) nuts in shells. 1 lb. nutmeats=about 4 $\frac{1}{2}$ cups.
PEANUTS AND PEANUT BUTTER					
Peanuts	Pound	As needed			For 1 lb. nutmeats, use 1.47 lb. (about 1 lb. 8 oz.) nuts in shells. 1 lb. nutmeats=about 3 $\frac{1}{4}$ cups.
Peanut butter	Pound	4 tablespoons	7	14 $\frac{1}{4}$	1 lb.=about 1 $\frac{3}{4}$ cups. 1 No. 10 can=6 lbs. 12 oz.
PRESERVES AND SIRUPS					
Honey, strained	Pound	2 tablespoons	10 $\frac{3}{4}$	9 $\frac{1}{2}$	
Jams, jellies, preserves	No. 10 can	1 tablespoon	192	$\frac{1}{2}$	
Sirup:					
Cane	Gallon	2 tablespoons	128	$\frac{3}{4}$	
Maple	Gallon	2 tablespoons	128	$\frac{3}{4}$	
Molasses	Pound	2 tablespoons	10 $\frac{3}{4}$	9 $\frac{1}{2}$	

Food as purchased (A. P.)	Unit of purchase	Size of serving	Approximate number of—		Additional information
			Servings per purchase unit	Purchase units to serve 100	
SALAD DRESSING					
Cooked	Quart	1 tablespoon	64	1 ³ / ₄	
French	Quart	1 ¹ / ₃ tablespoons	48	2 ¹ / ₄	
Mayonnaise	Quart	1 tablespoon	64	1 ³ / ₄	

Common Can Sizes for
CANNED FRUIT AND VEGETABLE JUICES

Can sizes	Cans per case	Average net weight per can	Cups per can	Can sizes	Cans per case	Contents	Cups per can
No. 1 tall	48	16	2	No. 211 cylinder	24	12	1 $\frac{1}{2}$
No. 300	24	14 to 16	1 $\frac{3}{4}$	No. 2	24	18	2 $\frac{1}{4}$ to 2 $\frac{1}{2}$
No. 303	24	16 to 17	2	No. 303 cylinder	24	19	2 $\frac{3}{4}$
No. 2	24	20	2 $\frac{1}{4}$ to 2 $\frac{1}{2}$	No. 3 cylinder	12	46	5 $\frac{3}{4}$
No. 2 $\frac{1}{2}$	24	29	3 $\frac{1}{4}$ to 3 $\frac{1}{2}$	No. 10	6	96	12
No. 10	6	98 to 108	12 to 13				